

# Why Buy Locally Grown Fruits and Veggies?



- **They are fresher..** Locally grown fruits and vegetables are usually picked within the last 24 hours. That freshness affects the taste and nutritional value of the fruits and vegetables.
- **It preserves open space.** Farms provide the fields, pastures and meadows that separate residential and business development. They also provide the views of hills, valleys and mountains that give New Hampshire its special character. When you buy local produce, you help preserve your local environment for today and the future.

- **It keeps farms and communities strong.** Money spent by consumers at New Hampshire farms and by New Hampshire farmers at local businesses stays in New Hampshire. It's good business for everyone.

## Where to Find Locally Grown Fruits and Veggies

NH has **over 50 farmers' markets** selling fresh fruits, veggies, herbs and much more! Some farms offer **farm stands** or **harvest-your-own options**. And, some **grocery stores** and **food coops** sell locally grown produce. To learn more, try these publications at the NH Dept of Agriculture, Markets & Foods website <http://agriculture.nh.gov/publications/index.htm>.

**NH Farmers' Market Directory** • **NH Farm Stand Directory** • **NH Harvest-Your-Own Guide**

## Is CSA a Good Option for You?

**CSA (Community Supported Agriculture)** is a way for food shoppers to buy locally grown produce and other foods. There are about 1,000 CSA's in the US; 20 are in NH.

Before the growing season, customers pay the farmer for a share in the farm's harvest. They become *shareholders* or *subscribers*. Their support gives the farmer additional resources to buy seeds, greenhouse supplies, heat and labor. In return, customers receive a steady supply of high quality, locally grown, fresh produce once a week from mid-spring through mid-autumn. At <http://www.localharvest.org/csa> you can

learn more about CSA and locate the CSA farms near you. Just enter your home or work zip code and click on "Search".

While it's too late to sign up for this summer's CSA, some CSA's may allow you to participate in two other options. Ask your local CSA farmer about both:

**Bulk Purchase** When the harvest is in full swing, some CSA's offer the option to buy fruits and vegetables in bulk. What a great way to shop for canning, freezing – or a large party or gathering.

**Fall Share Plan** runs from October to Thanksgiving.



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## Chameleon Salad

Are you tired of eating the same old salad day after day? This is the recipe for you! Like a chameleon changing its color, you can change the flavor of this salad when you change a few ingredients.

**Serves 4 (4 cups vegetables per person)**

**Preparation Time: 15 minutes**

First, select one of the **Chameleon Dressing** recipes (to the right). Some recipes suggest a specific vinegar or oil.

► **The last two recipes also suggest substitutions for some of the vegetables.**

- 4 cups raw spinach
- 4 cups romaine lettuce
- 2 cups red, yellow, or orange bell pepper
- 2 cups grape or cherry tomatoes
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 cup sliced yellow squash
- 1 cup sliced zucchini
- 2 cups sliced cucumbers
- 2 cups chopped baby carrots

- Wash and chop all the vegetables.
- Mix vegetables together in a large bowl.
- Make one of the dressings.
- Add dressing and toss gently.

### Chameleon Dressing

**4 servings**

Place all ingredients in covered jar and shake.

**Classic Dressing:** 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1 clove crushed garlic; 1 tablespoon Dijon mustard; ¼ teaspoon dried thyme; pepper to taste.

**Honey Mustard Dressing:** 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or cider vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1-3 teaspoons ground hot dry mustard; 1 tablespoon honey.

**Curry Dressing:** 2 tablespoons vegetable or olive oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon curry powder; 1 tablespoon honey; ½ teaspoon ground dry ginger.

**Asian Dressing:** 2 tablespoons sesame oil; 2 tablespoons rice vinegar; 1 clove crushed garlic; 1-3 teaspoons fresh grated ginger root; ½ teaspoon soy sauce. Try adding a small amount of orange juice and toasted sesame seeds.

► Substitute fresh pea pods and canned sliced water chestnuts for some of the vegetables.

**Walnut Dressing:** 2 tablespoons walnut oil; 2 tablespoons wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon dried basil, oregano or winter savory.

► Substitute chopped apples or pears and dried fruit for some of the vegetables. Add toasted chopped walnuts.

**Nutrition Facts – using Classic Dressing (made with balsamic vinegar)** Serving size: ¼ recipe. 180 calories, 70 calories from fat, 8g fat, 1 g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 25g carbohydrate, 8g dietary fiber, 13g sugars, 6g protein.

**Nutrition Facts – using Honey Mustard Dressing (made with balsamic vinegar)** Serving size: ¼ recipe. 200 calories, 70 calories from fat, 9g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 370mg sodium, 29g carbohydrate, 8g dietary fiber, 17g sugars, 6g protein.

